

Abstract of the Invention

An adjustable swing training aid for training an athlete to perform a desired swing. The swing training aid includes an adjustable stand including a pad connector; and a swing pad having a flat front surface and including a first attachment spot for matingly attaching the swing pad to the pad connector of the adjustable stand. The adjustable stand is adjustable to move the swing pad into a desired position. The adjustable stand can include a base having a connector, a first arm of variable length that has a proximal end and a distal end, a second arm of variable length that has a proximal end and a distal end, a first adjustable elbow, and a second adjustable elbow. The proximal end of the first arm is coupled to the connector of the base. The first elbow couples the first arm and the second arm, and is adjustable to adjust the angle between the first arm and the second arm. The second arm is rotateable about the base. The second adjustable elbow couples the second arm to the swing pad. The second elbow is adjustable to adjust the angle between the second arm and the swing pad. The swing pad preferably includes a plurality of attachment spots and a plurality of wind apertures. The pad connector is attached to the second elbow and is used to attach to one of the attachment spots of the swing pad.